

HEALTHY SCHOOL ENVIRONMENT RESOURCES

Wellness Policies for Schools and Child Care

This list contains online resources for developing, implementing, evaluating and promoting wellness policies in schools and child care. Resources are listed by main category. Many Web sites contain information on multiple content areas. For additional content areas related to healthy school environments, see the Connecticut State Department of Education's (CSDE) other resource lists on the [Resources for School Nutrition Programs](#) Web page. The CSDE updates these lists regularly.

The inclusion of commercial Web sites or products is for informational purposes only and does not constitute approval or endorsement by the CSDE.

Quick Tips: Click on the blue highlighted titles below to go directly to each section. Use the blue highlighted "Return to Contents" at the end of each section to get back to Contents. Search for key words using the "Find" option in the PDF toolbar or go to "Edit" then "Find."

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For more information, visit the CSDE's [Nutrition Education](#) Web page or contact Susan S. Fiore, M.S., R.D., Nutrition Education Coordinator, Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457, 860-807-2075, susan.fiore@ct.gov.

This document is available at www.sde.ct.gov/sde/lib/sde/pdf/deps/student/nutritioned/resourcesWP.pdf.

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Assessment

Changing the Scene: Improving the School Nutrition Environment. U.S. Department of Agriculture, 2000. A tool kit to help schools take action to improve students' eating and physical activity practices.
www.fns.usda.gov/tn/resources/changing.html

Gathering Data for Connecticut Towns: A Primer, Volume 1. Birth to 8 years. Connecticut Voices for Children, March 2003. A community "how to" guide on collecting data about the well-being of children for purposes of planning, assessing and communicating. www.ctkidslink.org/pub_detail_54.html

Keys to Excellence in School Food and Nutrition Programs. School Nutrition Association. A free online tool that offers an easy-to-use management and evaluation program that helps food service directors assess their school nutrition programs. The Keys automatically tabulates results from 60 assessment criteria and provides ideas to help promote excellence in food service throughout the school community. www.schoolnutrition.org/Content.aspx?id=2406

School Health Index for Physical Activity and Healthy Eating – A Self-Assessment and Planning Guide. Centers for Disease Control and Prevention, U.S. Department of Health and Human Services, 2014.
www.cdc.gov/healthyschools/shi/index.htm

School Healthy Eating Assessment Tool. British Columbia Dairy Foundation and British Columbia Ministry of Healthy Living & Sport and Knowledge. <http://healthyeatingatschool.ca/uploads/school-healthy-eating-assessment-tool.pdf>

WellsAT 2.0 (Wellness School Assessment Tool). UCONN Rudd Center for Food Policy & Obesity. Online tool to assess the quality of school district wellness policies and provide personalized guidance and resources for making improvements, based on the assessment. <http://wellsat.org/>

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Child Care Nutrition and Physical Activity Policies

- A Framework for Child Health Services: A Tool Kit for Integrating Child Health Services into Community Early Childhood Initiatives.* Connecticut Child Health and Development Institute, Inc., July 2011. www.chdi.org/
- Action Guide for Child Care Nutrition and Physical Activity Policies.* Connecticut State Department of Education, 2010. Helps local and community child care, early education and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children. Includes best practices for promoting healthy eating and physical activity for children in child care from infancy through school age, based on current science, public health research and national recommendations and standards. www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594
- Afterschool Care Program NSLP Snack Service Best Practices: A Guide to Improving the NSLP Snack Service in Afterschool Care Programs.* National Food Service Management Institute, 2006. <http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=123>
- Benchmarks for Nutrition Programs in Child Care Settings: Position of the American Dietetic Association.* Journal of the American Dietetic Association, 11(4):607-615, April 2011. www.eatright.org/About/Content.aspx?id=8366
- Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy.* The Nemours Foundation, 2008. Provides information on healthy food guidelines for beverages, fruits and vegetables, milk, meats and meat alternates and grains and breads; portion sizes that are based on the CACFP reimbursable meal guidelines; rationale to explain the recommendations; and sample policies. www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/heguide.pdf
- Best Practices for Nutrition, Physical Activity & Screen Media in Child Care Settings.* Issue Brief #2, 2009, University of Washington Center for Public Health Nutrition. http://depts.washington.edu/uwcphn/work/child/doc/brf2_ccbestpract.pdf
- Best Practices for Physical Activity: A Guide to Help Children Grow Up Healthy (Version 2).* The Nemours Foundation, 2010. www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/paguide2010.pdf
- Bright Futures in Practice: Physical Activity.* National Center for Education in Maternal and Child Health, 2001. Developmental guidelines on physical activity for the periods of infancy through adolescence. www.brightfutures.org/physicalactivity/about.htm
- Building Mealtime Environments and Relationships (BMER): An Inventory for Feeding Young Children in Group Settings.* University of Idaho, 2005. www.cals.uidaho.edu/feeding/bmer/
- Caring for Our Children: National Health and Safety Performance Standards, Guidelines for Out-of-Home Child Care, 3rd Edition.* American Academy of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education, 2011. <http://nrckids.org/CFOC3/index.html>
- Changing Lives, Saving Lives, A Step-by-Step Guide to Developing Exemplary Practices in Healthy Eating, Physical Activity and Food Security in Afterschool Programs.* Center for Collaborative Solutions, 2010. Identifies six practices to help afterschool programs create an environment to help students develop healthy lifestyle habits. www.ccscenter.org/afterschool/Step-By-Step%20Guide
- Child Care Nutrition and Physical Activity Policies.* Center for Health Promotion and Disease Prevention, The University of North Carolina, Chapel Hill, NC, May 2007. www.center-trt.org/downloads/obesity_prevention/interventions/NAPSACC/technical/Sample_Nutrition_and_Physical_Activity_Policy.pdf
- Child Care Nutrition and Physical Activity Policies Web Page.* Connecticut State Department of Education (CSDE). Includes links to the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies*, self-assessment tools, action planning form, sample policies and resources. www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562
- Connecticut Statutes and Regulations for Child Care.* Connecticut State Department of Public Health. www.ct.gov/oec/cwp/view.asp?a=4542&q=545996
- Early Childhood Obesity Prevention Policies.* Institute of Medicine of the National Academy of Sciences, 2011. Recommends actions that healthcare professionals, caregivers and policymakers can take to prevent obesity in children five and younger. www.iom.edu/Reports/2011/Early-Childhood-Obesity-Prevention-Policies.aspx
- Feeding Policy: Divisions of Responsibility.* Ellyn Satter Associates, 2006. www.ellynsatter.com/divisions-of-responsibility-i-79.html

Child Care Nutrition and Physical Activity Policies

- Feeding Young Children in Group Settings: Best Practices for Serving Foods to Groups of Children.* University of Idaho. www.cals.uidaho.edu/feeding/pdfs/1_2%20Best%20Practices.pdf
- Feeding Young Children in Group Settings: Evaluation of Feeding Environments for Young Children.* University of Idaho. www.cals.uidaho.edu/feeding/pdfs/1_3%20Feeding%20Environment%20Evaluation.pdf
- Feeding Young Children in Group Settings: Food Safety Worksheet.* University of Idaho. www.cals.uidaho.edu/feeding/pdfs/1_5%20Food%20Safety%20Worksheet.pdf
- Head Start Performance Standards, Section 1304.23 Child Nutrition.* U.S. Department of Health and Human Services. <http://eclkc.ohs.acf.hhs.gov/hslc/standards/Head%20Start%20Requirements/1304/1304.23%20Child%20nutrition.htm>
- Healthy Behaviors for Children and Families: Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs.* Center for Collaborative Solutions, Updated September 2008. Designed to help afterschool programs address childhood obesity in a systematic and effective way. www.ccscenter.org/afterschool/documents/ExempPracGuide.pdf
- Making Food Healthy and Safe for Children. How to Meet the National Health and Safety Performance Standards — Guidelines for Out-of-Home Child Care Programs, Second Edition.* The National Training Institute for Child Care Health Consultants, Department of Maternal and Child Health, The University of North Carolina at Chapel Hill, 2012. http://nti.unc.edu/course_files/curriculum/nutrition/making_food_healthy_and_safe.pdf
- Leap of Taste: Best Practices for Healthy Eating. West Virginia Child Care Nutrition Standards.* West Virginia Department of Education (No Date). <http://wvde.state.wv.us/nutrition/CACFP/LOTguide.pdf>
- Let's Move! Child Care.* The Nemours Foundation, 2011. Tools for child and day care centers to prevent childhood obesity, including a five-element checklist for providers and parents that addresses physical activity, screen time, food, beverages and infant feeding. www.healthykidshealthyfuture.org/welcome.html
- Model Child Care Health Policies, Fifth Edition.* Pennsylvania Chapter American Academy of Pediatrics, 2013. www.ecels-healthychildcarepa.org/publications/manuals-pamphlets-policies/item/248-model-child-care-health-policies
- Model Childcare Licensing Statute for Obesity Prevention.* National Policy & Legal Analysis Network to Prevent Childhood Obesity (NPLAN), 2013 www.changelabsolutions.org/publications/child-care-statute
- Model Policies for Creating a Healthy Nutrition and Physical Activity Environment in Child Care Settings.* Missouri Department of Health and Senior Services, Bureau of Community Food and Nutrition Assistance (no date). http://health.mo.gov/living/wellness/nutrition/eatsmartguidelines/pdf/Model_Policies.pdf
- NAP SACC Best Practice Recommendations for Child Care Facilities.* Center for Health Promotion and Disease Prevention, The University of North Carolina, May 2007. www.whrv.org/NR/rdonlyres/4C89B06B-4ED9-4315-99B3-4B0D7A3F0E0C/10128/NAPSACCBestPracticeRecommendationsforChildCareFaci.pdf
- National Resource Center for Health and Safety in Child Care and Early Education.* <http://nrckids.org/>
- Nutrition and Physical Activity Self Assessment for Child Care (NAPSACC).* Center for Health Promotion and Disease Prevention (HPDP), University of North Carolina at Chapel Hill. An intervention in child care centers aimed at improving nutrition and physical activity environment, policies and practices through self-assessment and targeted technical assistance. www.napsacc.org/ or www.center-trt.org/index.cfm?fa=opinterventions.intervention&intervention=napsacc&page=materials
- Nutrition and Physical Activity in Child Care.* University of Connecticut Cooperative Extension. Information about feeding practices, healthy food choices and ways to encourage physical activity in a child care setting. www.extension.org/pages/Nutrition_and_Physical_Activity_in_Child_Care
- Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program.* U.S. Department of Agriculture, December 2012. Includes tip sheets for planning meals and activities for children ages 2 to 6 years that address fruits, vegetables, dry beans and peas, meat and meat alternates, whole grains, milk and other dairy, sodium, fat and oils, added sugars, water, food safety, providing opportunities for active play, encouraging active play, written policies and practices that promote active play and the importance of limiting screen time. www.teamnutrition.usda.gov/Resources/nutritionandwellness.html
- Preventing Obesity among Preschool Children: How Can Child-care Settings Promote Healthy Eating and Physical Activity?* Robert Wood Johnson Foundation Healthy Eating Research, October 2011. www.rwjf.org/en/library/research/2011/10/preventing-obesity-among-preschool-children.html

Child Care Nutrition and Physical Activity Policies

- Preventing Childhood Obesity in Early Care and Education Programs.* National Resource Center for Health and Safety in Early Education and Child Care, 2011. National standards describing evidence-based best practices in nutrition, physical activity and screen time for early care and education programs (centers and family child care homes).
http://cfoc.nrckids.org/StandardView/SpcCol/Preventing_Childhood_Obesity
- Promoting Good Nutrition and Physical Activity in Child Care Settings.* Robert Wood Johnson Foundation Healthy Eating Research, May 2007. www.healthyeatingresearch.org/images/stories/her_research_briefs/her%20child%20care%20setting%20research%20brief.pdf
- Promoting Physical Activity and Healthy Nutrition in Afterschool Settings. Strategies for Program Leaders and Policy Makers.* U.S. Department of Health and Human Services, 2006. www.researchconnections.org/childcare/resources/13558/pdf
- Recommendations for Healthier Beverages.* Healthy Eating Research, Robert Wood Johnson Foundation, March 2013. A comprehensive set of age-based recommendations to define healthier beverages.
www.rwjf.org/en/library/research/2013/03/recommendations-for-healthier-beverages.html
- Sample Child Care Nutrition and Physical Activity Policies.* Connecticut State Department of Education, April 2011.
www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322598
- Setting the Stage: Policies and Best Practices for Nutrition and Physical Activity in Early Childhood Settings.* Iowa Department of Education, 2006. An adaptation of Changing the Scene, this resource includes a self-assessment checklist to help child care providers identify what they are doing well and areas for improvement. In addition, the resource includes suggested policies and best practices to promote a healthy nutrition and physical activity environment in the early childhood setting. http://educateiowa.gov/index.php?option=com_docman&task=doc_download&gid=512
- Serving the Nutritional Needs of Pre-Kindergarten Children in the Public School Setting. Best Practices.* National Food Service Management Institute, 2008. Consists of seven practice categories, 17 goals and 97 best practice statements that can be used as a self-assessment tool to evaluate and monitor the quality of nutrition services.
www.nfsmi.org/documentlibraryfiles/PDF/20090529045619.pdf
- Stepping Stones to Using Caring For Our Children. National Health and Safety Performance Standards. Guidelines for Out-Of-Home Child Care Programs Third Edition.* American Academy of Pediatrics, American Public Health Association and National Resource Center for Health and Safety in Child Care and Early Education, 2013 (English and Spanish).
<http://nrckids.org/index.cfm/products/stepping-stones-to-caring-for-our-children-3rd-edition-ss3/>
- Steps to Nutrition Success Checklist: Child Care Centers. A Program Self-assessment Resource.* National Food Service Management Institute, September 2003. www.nfsmi.org/documentlibraryfiles/PDF/20080222015036.pdf
- Steps to Nutrition Success Checklist: Family Day Care Homes. A Program Self-assessment Resource.* National Food Service Management Institute, September 2003. www.nfsmi.org/documentlibraryfiles/PDF/20080222015216.pdf
- The Environment and Policy Assessment and Observation (EPAO) Child Care Nutrition and Physical Activity Instrument.* Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill, 2005. www.center-trt.org/downloads/obesity_prevention/interventions/NAPSACC/evaluation/Environment_&Policy_Assessment_and_Observation_Instrument.pdf
- Transforming Children's Health: How four child care programs made positive changes in their environments.* The Nemours Foundation, 2008.
www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/publication/ccareposchg.pdf
- Water and 100% Juice Tip Sheet.* National Resource Center for Health and Safety in Child Care and Early Education, 2012.
<http://nrckids.org/index.cfm/products/checklists-tipsheets/water-and-100-juice-tipsheet/>
- Wellness Child Care Assessment Tool (WellCCAT).* UCONN Rudd Center for Food Policy and Obesity.
www.uconnruddcenter.org/resources/upload/docs/what/communities/WellnessChildCareAssessmentToolForResearch.pdf
- Wellness Policy Resources for Child Care.* Healthy Meals Resource System, U.S. Department of Agriculture.
<http://healthymeals.nal.usda.gov/local-wellness-policy-resources/wellness-policy-resources-child-care>
- Whole School, Whole Community, Whole Child.* A model for integrating health service and programs that combines and builds on elements of the traditional coordinated school health approach. www.ascd.org/programs/learning-and-health/wsc-model.aspx

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Commercialism in Schools

It's Child's Play: Advergaming and the Online Marketing of Food to Children. The Kaiser Foundation, 2006. A comprehensive analysis of the nature and scope of online food advertising to children to help inform policymakers, advocates and industry experts. www.kff.org/entmedia/entmedia071906pkg.cfm

Center for Commercial-Free Public Education. A national non-profit organization that addresses the issue of commercialism in public schools and provides support to students, parents, teachers and other concerned citizens to keep schools commercial-free and community-controlled. www.ibiblio.org/commercialfree/

Commercialism in Education Research Unit (CERU). University of Colorado at Boulder. The only national academic research center that conducts research, disseminates information and helps facilitate dialogue between the education community, policy makers and the public at large about commercial activities in schools. <http://nepc.colorado.edu/ceru-home>

Food Marketing and the Diets of Children and Youth. Institutes of Medicine. Information on comprehensive study of the science-based effects of food marketing on the diets and health of children and youth in the United States. www.iom.edu/Activities/Children/KidsFoodMarketing.aspx

Food Marketing to Children and Youth: Threat or Opportunity? National Academies' Institute of Medicine, 2005. Provides the most comprehensive review to date of the scientific evidence on the influence of food marketing on diets and diet-related health of children and youth. www.iom.edu/Reports/2005/Food-Marketing-to-Children-and-Youth-Threat-or-Opportunity.aspx

Guidelines for Responsible Food Marketing to Children. Center for Science in the Public Interest, 2005. www.cspinet.org/marketingguidelines.pdf

Report of the American Psychological Association Task Force on Advertising and Children. 2004. Outlines the effect of food and beverage advertising on children's eating habits and their contribution to youth obesity and offers extensive recommendations for healthful changes. www.apa.org/pubs/info/reports/advertising-children.aspx

School Commercialism, Student Health and the Pressure To Do More With Less. Arizona State University, 2003. <http://epicpolicy.org/publication/school-commercialism-student-health-and-pressure-do-more-less>

School Soda Contracts: A Sample Review of Contracts in Oregon Public School Districts. Community Health Partnership, 2005. <http://epsl.asu.edu/ceru/Articles/CERU-0504-147-OWI.pdf>

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Community Partnerships

Community Partnerships

Afterschool & Health: Opportunities for Advocacy. Afterschool Alliance. Strategies to include afterschool programs in the infrastructure created for student-health-promotion initiatives
www.afterschoolalliance.org/policyActiveHoursObesity.cfm

Community Tool Box. University of Kansas. Supports work in promoting community health and development by providing more than 6,000 pages of practical skill-building information on more than 250 topics. Topic sections include step-by-step instruction, examples, check-lists and related resources. <http://ctb.ku.edu/en/>

Find Youth Info. Resources and information to support programs and services focusing on positive, healthy outcomes for youth. www.findyouthinfo.gov/

Healthy Behaviors for Children and Families: Developing Exemplary Practices in Nutrition and Physical Activity in Afterschool Programs. Center for Collaborative Solutions, Updated September 2007. Designed to help afterschool program leaders and their partners join in the fight against the obesity epidemic facing our children and youth today in a systematic and effective way. This guide explains six exemplary practices and contains indicator rubrics that can be used by programs to assess how they are doing in each of the six practice areas and to help them focus their attention on the areas they want to improve.
https://www.csba.org/EducationIssues/EducationIssues/Wellness/~/_media/Files/EducationIssues/Wellness/Healthy_Behaviors.ashx

Making Health Easier. Centers for Disease Control and Prevention. An interactive social networking site where CDC-funded communities and their partners can share stories and resources and engage with people and other communities around obesity and tobacco issues. <http://makinghealtheasier.org/>

Promoting Healthy Youth, Schools and Communities. A Guide to Community-School Health Advisory Councils. Iowa Department of Public Health, 2000. This guide is tailored to the planning needs of school district staff members charged with forming a Community-School Health Advisory Council. The guide also will be useful to school staff members who work with other health-related school committees, as well as parents and other community partners interested in promoting coordinated school health.
www.schoolwellnesspolicies.org/resources/AGuideToCommunitySchoolHealthCouncils.pdf

Promoting Physical Activity: A Guide for Community Action. Centers for Disease Control and Prevention, 1999. This guide uses a social marketing and behavioral science approach to intervention planning, guiding users through a step-by-step process to address the target population's understanding and skills, the social networks, the physical environments in which they live and work and the policies that most influence their actions.
www.cdc.gov/nccdphp/dnpa/pahand.htm

School Walk for Diabetes. An educational school fundraising program that promotes healthy living, school spirit and community involvement. <http://schoolwalk.diabetes.org>

Speaking Educators' Language: A Guide For Public Health Professionals Working in the Education Sector. National Association of Chronic Disease Directors, 2013.
http://c.ymcdn.com/sites/www.chronicdisease.org/resource/resmgr/school_health/nacdd_educationsector_guide_.pdf

The Community Guide. Centers for Disease Control and Prevention. A resource for evidence-based recommendations and findings about what works to improve public health. www.thecommunityguide.org/about/index.html

The Power of Choice: Helping Youth Make Healthy Eating and Fitness Decisions. Food and Drug Administration and U.S. Department of Agriculture, 2003. Guidance for after-school program leaders working with young adolescents.
http://teamnutrition.usda.gov/Resources/power_of_choice.html

Who can you consider as potential partners? Find Youth Info. www.findyouthinfo.gov/collaboration-profiles/who-can-you-consider-potential-partners

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Coordinated School Health

Connecticut's Coordinated Approach to School Health. Connecticut State Department of Education.

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726&sdePNavCtr=|45534|#45556

Coordinated Approach to Child Health (CATCH). The CATCH program involves the coordination of four components.

health education, physical education, nutrition services and parent involvement. CATCH focuses on cardiovascular and diabetes education and is also great start toward coordinated school health programming. <http://catchinfo.org/>

Coordinated School Health Program, Position Statement of the National Association of School Nurses. National Association of School Nurses, Revised June 2008. www.nasn.org/Default.aspx?tabid=213

Coordinating School Health Programs. Maine State Department of Education Website. Introduces the eight components of Coordinated School Health Programs to school personnel, parents and students and provides resources for information and networking for those involved in school health issues. www.maineeshp.com/

Guidelines for a Coordinated Approach to School Health. Addressing the Physical Social and Emotional Health Needs of the School Community. Connecticut State Department of Education, 2007. These guidelines are intended to assist local and regional boards of education with developing plans to 1) engage students in physical activities; 2) formulate strategies to coordinate health education, programs and services; and 3) establish procedures for assessing the need for related community-based services. www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=322666#Guidelines

Health is Academic. Eva Marx and Susan Frelick Wooley with Daphne Northrop. Teachers College Press, 1998.

Comprehensive guide that defines coordinated school health programs and discusses how they contribute to the health and educational achievement of students; who participates in and supports these programs at the local school, state and national levels; and how to implement these programs.

<https://secure.edc.org/publications/prodview.asp?930>

Healthy Connections: Connecticut's Coordinated Approach to School Health. Connecticut State Department of Education.

www.sde.ct.gov/sde/cwp/view.asp?a=2678&q=320726

Map of Outstanding Whole Child Examples, ASCD. Provides examples of schools from across the United States and Canada that are implementing the whole child approach to education.

<http://whatworks.wholechildeducation.org/examples/>

North Carolina Healthy Schools. www.nchealthyschools.org/

RMC Health. Provides resources addressing best practice and research-based professional development, including searchable databases on references and resources. <http://rmc.org/>

Safe, Supportive Learning (National Center on Safe Supportive Learning Environments (NCSSLE)). Information on training and technical assistance, products, tools and research. <https://safesupportivelearning.ed.gov/>

State School Health Policy Matrix. National Association of Chronic Disease Directors (NACDD), National Association of State Boards of Education (NASBE) and American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). A guide to state-level school health policies for competitive foods and beverages, physical education and physical activity and administration of medication in the school environment. The Matrix outlines relevant state-level policies for each of these areas, including a direct link to the policy. It also indicates which political entity or agency adopted the policy or issued guidance. www.nasbe.org/project/center-for-safe-and-healthy-schools/state-school-health-policy-matrix/

Talking About Health is Academic. Eva Marx, Daphne Northrop, Judith Dwyer Pierce. Teachers College Press, 1999.

Consists of six workshop modules containing narrative script, overheads and handouts for presentations to those who can influence or participate in the implementation of coordinated school health programs at national, state or local levels. <https://secure.edc.org/publications/prodview.asp?1144>

The Whole Child. Association for Supervision and Curriculum Development. Public engagement and advocacy campaign to encourage schools and communities to work together to ensure that each student has access to a challenging curriculum in a healthy and supportive climate. Includes assessment tool and resources.

www.wholechildeducation.org/

Whole School, Whole Community, Whole Child. A model for integrating health service and programs that combines and builds on elements of the traditional coordinated school health approach. www.ascd.org/programs/learning-and-health/wsc-model.aspx

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Data and Trends

- Adolescent and School Health Data and Statistics.* Centers for Disease Control and Prevention.
www.cdc.gov/HealthyYouth/data/index.htm
- America's Children: Key National Indicators of Well-Being.* The Federal Interagency Forum on Child and Family Statistics.
 Offers easy access to statistics and reports on children and families, including population and family characteristics, economic security, health, behavior and social environment and education. www.childstats.gov/
- America's Health Rankings.* United Health Foundation. Provides an annual analysis of national health on a state-by-state basis and ranking of the healthiest and least healthy states. www.americashealthrankings.org/
- Annie E. Casey Foundation.* Data and resources to foster public policies, human-service reforms and community supports that more effectively meet the needs of vulnerable children and families. www.aecf.org/
- Behavioral Risk Factor Surveillance System.* Centers for Disease Control and Prevention. www.cdc.gov/BRFSS/
- Beverage Consumption Among High School Students – United States, 2010.* Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report (MMWR), June 17, 2011/ 60(23);778-780.
www.cdc.gov/mmwr/preview/mmwrhtml/mm6023a2.htm?s_cid=mm6023a2_w
- Bridging the Gap. School Policies and Practices to Improve Health and Prevent Obesity: National Elementary School Survey.* Robert Wood Johnson Foundation, 2012. www.bridgingthegapresearch.org/research/elementary_school_survey/
- Calories In, Calories Out: Food and Exercise in Public Elementary Schools.* National Center for Educational Statistics, 2005.
 Findings on the types of food sold at one or more locations in schools and in their cafeterias or lunchrooms; the types of food sold at vending machines and school stores or snack bars and times when foods were available at those locations; food service operations and contracts with companies to sell foods at schools; scheduled recess, including the days per week, times per day and minutes per day of recess; scheduled physical education, including the days per week, class length and average minutes per week of physical education; activities to encourage physical activity among elementary students; and the physical assessment of students.
<http://nces.ed.gov/pubsearch/pubsinfo.asp?pubid=2006057>
- Change in Dietary Energy Density after Implementation of the Texas Public School Nutrition Policy.* Journal of the American Dietetic Association, 110(3): 434-440, March 2010. www.ncbi.nlm.nih.gov/pubmed/20184994
- Child Nutrition Research.* Access to U.S. Department of Agriculture studies and summaries relating to child nutrition programs, including school meals and Team Nutrition. www.fns.usda.gov/Ora/menu/Published/CNP/cnp.htm
- Child Nutrition Studies Archives.* www.fns.usda.gov/Ora/menu/Published/CNP/cnp-archive.htm
- Child Trends.* Data addressing many childhood issues, such as poverty, early childhood, education and health that assists in identifying emerging issues, evaluating important programs and policies and providing data-driven, evidence-based guidance on policy and practices. www.childtrends.org/index.cfm
- Child Well-Being Data Reports.* Connecticut Voices for Children. Summarizes data for each Connecticut town highlighting areas of child and family well-being. www.ctvoices.org/publications?issue=2
- Children's Food Environment State Indicator Report.* Centers for Disease Control and Prevention, 2011. Highlights selected behaviors, environments and policies that affect childhood obesity through support of healthy eating.
www.cdc.gov/obesity/downloads/ChildrensFoodEnvironment.pdf
- Competitive Foods and Beverages Available for Purchase in Secondary Schools – Selected Sites, United States, 2006.* Centers for Disease Control and Prevention's (CDC) Morbidity and Mortality Weekly Report (MMWR), August 29, 2008.
www.cdc.gov/mmwr/preview/mmwrhtml/mm5734a2.htm
- Connecticut Association for Human Services.* www.caahs.org/
- Connecticut Department of Public Health's Annual Registration Reports.* Statistics from the Connecticut vital records databases, including analyses of births and deaths. www.ct.gov/dph/cwp/view.asp?a=3132&q=394598
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